

**Avinashilingam Institute For Home Science And Higher Education For Women**  
**Continuous Internal Assessment Test I –February 2018**

Class: **IBSc**

Time: 2 hours

Max.marks: 60

**15BPPEC15 – Theory of Games And Sports**  
**(Track & field, Badminton and TT)**

Part – A

Circle the correct answer

5X1=5

1. Why are staggered starts used?  
a. To restrict fast runners b. To give slower runners a head start c. To equalize distance when races are run on curves d. To help the starter see false starts more easily
2. What is the purpose of warming up?  
a. To improve skill b. To build endurance c. To enlarge the muscles d. To reduce chance of injury
3. What is an anchor runner?  
a. A nickname for the shot b. The final leg of a relay c. The placement of the foot for the takeoff on the pole vault d. The spot where the contestant leaves the ground
4. Weight of javelin for women  
a. 600 g b. 700g c.650g d.800g
5. How many hurdles are there in 400 meters Hurdles  
a.11 b.12 c.10 d.13

Part – B

Answer the following in few sentences

2x5 = 10

6. Define hurdles
7. Write the specification of relay baton
8. Define Plasticine Indicator
9. Define specification of hammer.
10. Define “Power Leg”

**Part - C**

**Answer the following**

**Answer should not exceed 200 words/one page**

**5x3 = 15**

11. a. List down rules in hurdles (or)  
b. Draw the specification for Hammer Throw
12. a. Write the techniques in Javelin throw (or)  
b. List down specific conditioning drills for hurdles
13. a. Draw the Neat diagram of hurdles (or)  
b. Explain techniques in relay

**Part - D**

**Answer the following**

**Answer should not exceed 800 words**

**2X15= 30**

14. a) Draw a neat diagram relay and its specification and techniques in relay(or)  
b) Explain the tie resolving in throwing events
15. a) Draw -Triple jump and landing area specification  
b) Enumerate the duties Official in track and field events